

CYO Cross Country Meet Schedule and Information

Meet 1 Sunday September 18, 2011	Hosted by	Landon HS 6101 Wilson Lane Bethesda, Maryland 20817
Meet 2 Sunday September 25, 2011	Hosted by	Georgetown Visitation HS 1524 35 th Street, NW Washington DC
Meet 3 Sunday October 02, 2011	Hosted by	Good Counsel HS 17301 Old Vic Blvd Olney, MD
Meet 4 Sunday October 09, 2011	CANCELLED	
Meet 5 Sunday October 16, 2011	Hosted by	Georgetown Prep HS 10900 Rockville Pike Bethesda, Maryland
Championship		
Saturday October 22, 2011 10:30 Start time	Hosted by	Our Lady of Mattaponi 1100 Mattaponi Road Upper Marlboro, MD

Runners must run in at least 2 regular season meets in order to run in the Championship Meet.

The course walk-through for Meets 1-5 will take place at 12:00. The start times for the Championship Meet will adjust to a 10:30 start time. All times are approximations and the order of events can be changed or combined.

1 st Race	1 Mile	Grades 1 st & 2 nd Girls	- 12:30
2 nd Race	1 Mile	Grades 1 st & 2 nd Boys	- 12:40
3 rd Race	2 Mile	Grades 3 rd – 5 th Girls	- 12:50
4 th Race	2 Mile	Grades 3 rd – 5 th Boys	- 1:10
5 th Races	2 Mile	Grades 6 th – 8 th Girls	- 1:30
6 th Race	2 Mile	Grades 6 th – 8 th Boys	- 1:50

Runner Registrations:

All runners should register on-line at washcyo.com. This is the normal CYO registration for all sports. There will be no "Team Shell/Roster" on line. Parishes need to submit by e-mail a team registration spreadsheet. The spreadsheet needs to include Parish Name, First Name, Last Name, Grade & Gender.

All teams are asked to print labels for your runners to wear during the race. The labels are 1" x 2 5/8th (Avery 5160). The labels need to have the following information.

Last Name, First Name Grade Gender Parish
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We will require that every parish supply at least 1 volunteer at all meets in order to have your parish participate.

We look forward to seeing everyone and having a great season!
For any further information please contact.

CYO CC Coordinator Joe Aukward at josephpaukward@verizon.net